FIRST THURSDAYS

Mental Health Speaker Series

Join campus experts as they share mental health insights, and provide strategies and resources for coping.

THURSDAY, FEBRUARY 3 | 1 - 2 P.M.
Campus and Community Resources for Hawkeyes that Need Help

THURSDAY, MARCH 3 | 1 - 2 P.M.
The Role of Well-being in Coping

THURSDAY, APRIL 7 | 1 - 2 P.M.
Negotiating (Quality) Relationships in the New World

THURSDAY, MAY 5 | 1 - 2 P.M.
Suicide Prevention

All sessions will take place virtually via Zoom. Please see website for details.

→ MENTALHEALTH.UIOWA.EDU/SPEAKER-SERIES